



Renu Agrawal

is a Certified Trainer and Associate Coach-Healer for ESOCEN. She specializes in healing Stress, Fatigue and Sleep Disorders to help clients find solutions to live a healthy and balanced life.

Renu is the Director of ESOCEN Renewal Center in Stamford, CT offering meditation, seminars and ESOCEN's Coaching-Healing services. She developed her expertise through her intensive training and practical experience with **DelPe**, founder and president of ESOCEN, master of energy science and author of *Inner Powers to Maximize Your Performance*.

ESOCEN

is a pioneering international organization, specializing in Healing Sciences, Family Transformation, Holistic Education and advanced Spiritual training by applying Eastern wisdom and Western practicality.

To Register, please call or e-mail to:
Princeton Center
609-924-PCYH
pcyh@mindspring.com

For more information:
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www.esocen.com
www.WISEmeditation.org

Inner Powers Exercises™ for Health and Vitality

In this 2-hour training program, you will learn and practice:

- ◆ A fast method of increasing vitality and will-power and maintaining good stamina to maximize your performance
- ◆ How to heal, detoxify and revitalize your whole body through special synchronized breathing and exercises
- ◆ How to oxygenate the blood and enhance metabolism for weight loss and rejuvenation
- ◆ How to rapidly culture and balance your inner powers and faculties to maximize success and fulfillment

Date: Saturday, October 1st, 2005

Time: 1:30 pm - 3:30 pm

Location: Princeton Center for Yoga & Health
Skillman, New Jersey

Instructor: Renu Agrawal, Certified ESOCEN Trainer

Fees: \$40 (Exercise DVD available at 30% discount)
Please make check payable to Renu Agrawal

To register: Call: 609-924-PCYH(7294)
Email: pcyh@mindspring.com



Princeton Center for Yoga & Health

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